Modern Methods For Medical Alerts

Over the past few decades, technology has advanced to the point of instantaneous response and data transmission. Emails can be sent across the world in milliseconds, and people in different countries and time zones can converse through the power of cell phones. Police officers can be notified of an individual's location at the click of a button, and ambulances can be on their way to the scene of an emergency within seconds of its occurrence. Hospital residents and out-patients can program alarms to remind themselves to take certain medications. As technology has advanced, so have methods for medical alerts. Below are some of the roles that technology can play in medical alert improvement.

Cell phone apps can be used to track medical needs and concerns.

One way that technology has improved modern methods for medical alerts is through cell phone apps. As of 2022, there are over 5.7 million apps available for download–350,000 of which are health related–making cell phone apps a great option for medical alerts.

Data Tracking

Cell phone apps can be used to track health data. Individuals can input their symptoms on a weekly, daily, or even minutely basis and refer back to the data in a time of need. Certain apps can analyze that data and provide statistics and tips based on the symptoms described by the user.

Symptom Analysis

Cell phone apps can be used to analyze and manage symptoms. For individuals who have yet to be diagnosed, certain apps can help speed up the diagnostic process by finding common ground between specific symptoms and offering helpful suggestions based on a catalog of hundreds of thousands of health conditions.

Health Education

Cell phone apps can also be used simply to educate. When it comes to health, staying educated and aware is crucial. Patients, family members, and friends alike can download

cell phone apps in order to stay updated and educated about the latest health recommendations for their specific situation, location, and age group.

Watches can be used to detect medical emergencies and suggest precautions.

One of the most innovative ways that technology can be used to improve medical alert methods is through wristwatches and other wearable devices. Watches–including Fitbits, smartwatches, and apple watches–can monitor all kinds of safety data and assist individuals with daily healthcare concerns.

Movement Detection

Health watches–particularly fitness trackers and customized wearable safety devices–are extremely beneficial in that they can detect the user's movement. While phones may not always be on-hand, watches and wearable devices are typically worn 24/7, often featuring tools that specialize in movement detection. Because of this, health watches can detect abrupt stops, crashes, and even falls, and they can be programmed to contact medical professionals and loved ones in the event of an emergency.

Medical Detection

Watches don't just detect external movement–they can also detect internal movement, including heart rate, blood pressure, respiratory rate, and sleep quality. This can help with data tracking as well as prevent medical disasters with physical indicators. Certain medical situations that can be predicted and prevented using watches include heart attacks, aneurysms, hyperventilation, and more.

Health Suggestions

Because of their ability to track external and internal movement as well as health data, watches can also be customized to provide specific health suggestions based on the situation. For example, if an individual is overexerting themselves, watches can detect those indicators and alert their users to take a break, drink water, or eat a snack.

Phones can be used to program alarms related to medication and medical needs.

Phones are extremely versatile in their uses, especially when it comes to the medical field. One way that phones have enhanced the way individuals manage their medical alerts is through customizable alarms, reminders, and to-do lists. Nearly every phone on the market has a built-in alarm feature, reminder feature, and checklist feature.

Alarms

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Alarms are one of the best and most commonly used ways for individuals to keep track of their health needs. Most alarm apps include alarm labels, meaning that each alarm can be labeled with a specific reminder. For example, health-related alarms may include medication reminders ("take 10g of zoloft") and activity reminders ("exercise for 30 minutes").

Reminders

Phone reminders are one way that individuals can utilize technology to suit their health needs. Reminders are similar to alarms in that they can alert a person at a specific time during the day with a detailed description of what they need to do. What sets reminders apart from alarms is the type of notification the individual will receive; reminders are typically brief pop-ups, while alarms are loud, ringtone-like announcements that require dismissal.

Checklists

Most phones offer a checklist tool that can be displayed as a widget on the home screen and connected to a calendar for optimal accessibility. Checklists are a great option for individuals who need to complete certain health-related tasks each day (or on a regular basis, such as weekly or monthly), but not necessarily at a specific time during the day.

Artificial intelligence can be used to predict and prevent medical and physical catastrophes before they occur.

In recent years, artificial intelligence has become increasingly popular in app development and daily life. Artificial intelligence, though not always as reliable as a good old-fashioned human opinion, can access a virtually infinite data source–the Internet–and use that data to make predictions and relevant suggestions.

Smart Reminders

What sets AI reminders apart from regular reminders? AI reminders are automatically generated reminders based on observed patterns. If an individual schedules a reminder to take their medication at 10 AM Monday through Thursday, but not on Friday, an AI reminder might suggest that the individual takes their medication on Friday as well.

Weather Warnings

Because of its access to infinite data, artificial intelligence is aware of the weather at any given point in the world at all times. Artificial intelligence can warn users about potential storms and offer insight about how to drive, travel, or work safely in those conditions.

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Intuitive Questions

One of the most recent advancements in artificial intelligence is its ability to ask human-like questions. If an individual suffers from a chronic illness or displays symptoms of drowsiness, artificial intelligence can detect that and ask questions like "How are you feeling?" or "Need a break?"

What role do friends and family play in all of this?

As important and beneficial as technology is in providing medical alerts, friends and family still play a crucial role–a human role, that even the best and most advanced technology can't replace.

Emotional Support

Friends and family members of individuals with illnesses or high-risk jobs can support their loved ones emotionally. Although a watch may be able to detect blood pressure and heart rate, it cannot necessarily detect emotional struggles, such as grief, self-doubt, and even forgetfulness. It is the role of the individual's care circle to partner with them and look out for signs of emotional need.

Consistent Involvement

In order to be able to notice signs of physical or emotional struggle, family members and friends should stay consistently involved in their loved ones lives. Consistent involvement can help them pick up on subtle but repetitive symptoms of undiagnosed mental or physical illnesses in their loved ones.

Professional Referrals

No matter how much support one offers as a friend or family member, some situations require professional attention. If an individual appears depressed, suicidal, withdrawn, or displays symptoms of any life-threatening illness, friends and family should refer the individual to a professional, assisting them in setting about doctor's appointments, therapy sessions, and whatever else may be necessary. https://becklar.com/

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